



## THE INDIAN COMMUNITY SCHOOL (SENIOR) - KUWAIT

Dear Parent,

Warm Greetings from ICSK!

At the outset I would like to thank you wholeheartedly for the exemplary support you have given us in our endeavors during the year.

This is to bring to your notice that healthy food habits are necessary for the overall development of the individual and lack of it will affect the cognitive and physical development of children adversely. Thus gradually generating unhealthy children to our society. CBSE has emphasised the need of promoting healthy snacks in affiliated schools through a **circular dated 6th January 2016 sent by Secretary, CBSE.**

The Indian Community School has decided to initiate the drive for healthy eating habits by ensuring that food items such as carbonated beverages and potato chips are no longer sold in the school canteens. We request your whole hearted support in this endeavor so that we can mould a healthy future generation. For this we entreat you to send homemade food with your children to the school so that they will grow up hale and healthy.

We also request you to encourage your wards to participate in sports and physical activities. They can be enrolled for the evening coaching classes conducted in the school for various sports and games to make them health conscious.

We urge the parent community to join us to have a healthy society by instilling healthy habits in children for a prosperous posterity.

Dr. V. Binumon  
PRINCIPAL

07/11/2016